

Wellbeing Festival 2022

Monday, 7th March

5 years of the Dubai Student Wellbeing Census: what we learned



David Engelhardt, Anna Lewkowicz and Sandy Stringer
Department of Education – Government of South Australia

Get insights from this year's Census results, including trends over time and practical tips on analysing your school's results. Learn how to use Dubai-level data to get more meaning out of your school's results.



9 AM to 10 AM



School leaders, teachers,
wellbeing champions



Monday, 7th March

A whole-school approach to wellbeing: here's how to do it



David Bott
Co-Founder, Vidaly
Co-Founder, The Wellbeing Distillery

Learn what works and what doesn't when implementing a whole-school approach to wellbeing. David Bott has been doing this for over a decade, and he's got a lot of insights to share.



10 AM to 11 AM



School leaders, teachers,
wellbeing champions

Tuesday, 8th March

How to use advanced data tools to analyse your school's Census results



Anna Lewkowicz and Sandy Stringer
Department of Education – Government of South Australia

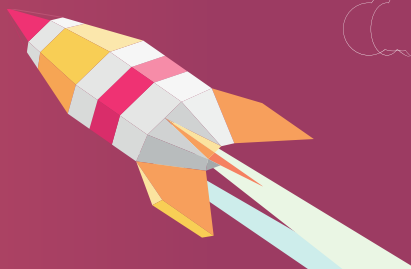
Level up your Power BI game to make best use of your school's census data.



9 AM to 10 AM



School leaders or wellbeing champions
who are advanced PowerBI users and
familiar with the Census data



Wednesday, 9th March Adults@School survey Key findings



KHDA Wellbeing Team

Get insights from this year's Survey results, including trends over time and practical tips on analysing your school's results. Learn how to use Dubai-level data to get more meaning out of your school's results.



11 AM to 12 PM



School leaders, teachers,
wellbeing champions

Wednesday, 9th March What Works X - How we can entrust students to lead change and make a difference in their school's wellbeing journey



Mathew Ashton
Safa Community School

Learn how to give your students a stronger voice in shaping their own wellbeing. Explore ways to engage them in your school's wellbeing approach.



1:30 PM to 2:30 PM



School leaders, teachers,
wellbeing champions

Thursday, 10th March How to use Power BI to analyse your school's Census results



KHDA Wellbeing Team

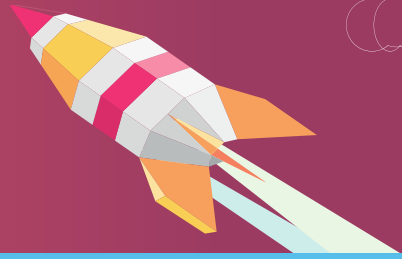
An introduction to Power BI and how you can use the programme to better understand and share your school's Census results.



11 AM to 12 PM



School leaders, teachers,
wellbeing champions



Thursday, 10th March

How to use Power BI to analyse your school's Census results (Arabic)



KHDA Wellbeing Team

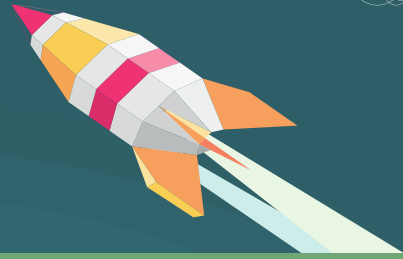
An introduction to Power BI and how you can use the programme to better understand and share your school's Census results (Arabic).



12 PM to 13 PM



School leaders, teachers,
wellbeing champions



Week 2

Monday, 14th March

What Works X - Altru TMS – how a student initiative is strengthening wellbeing and building happier communities



Sujatha Balasubramanian,

Students: Saood Dhabi, Mythri Muralikannan, Srinivas Garg and Aafreen Nizam
The Millennium school

Learn how a community of students is using empathy and leadership skills to organise wellbeing programmes for parents and staff.



2 PM to 3 PM



School leaders, teachers,
wellbeing champions

Tuesday, 15th March

What Works X - How to look beyond the gimmicks and implement staff wellbeing practices that work



Sreekala Kumar

GEMS Modern Academy

Learn to redesign your work practices to raise the morale of school staff, sustain a sense of purpose and improve wellbeing all-round.



1 PM to 2 PM



School leaders, teachers,
wellbeing champions





Week 3

Monday, 21st March

In conversation: To what extent is wellbeing the responsibility of a school?



Principal: Zoe Woolley – Repton Al Barsha,
Teacher: Mirna Alameddine – Al Ittihad Private School Jumeira
Student: Arshan Haghshenas – Kings’ School Al Barsha
Parent: Mohamed Almehairi – Al Ittihad Private School Jumeira
Moderator: Nargish Khambatta – GEMS Modern Academy

Listen to a teacher, a student, and a principal give their perspectives on wellbeing on how each of us can contribute to a flourishing community.



2 PM to 3 PM



School community, (parents and students can attend)

Tuesday, 22nd March

What Works X - How to use different data sets to make connections and find greater meaning in wellbeing data



Anna Lewkowicz and Sandy Stringer
Department of Education – Government of South Australia
Erika Elkady, Jumeira BaccaLaureate School

Hear how one Dubai school used a range of data sources to get the full picture of students’ wellbeing. By using different sources, they were able to create more meaningful wellbeing experiences.



9 AM to 10AM



School leaders, teachers, wellbeing champions

Tuesday, 22nd March

Emotional resilience for leadership



Dr Saliha Afridi
Clinical psychologist and managing director, The LightHouse Arabia

Actions school leaders can take for their own self-care and how to avoid decision fatigue.



2 PM to 3 PM



School leaders





Wednesday, 23rd
March

What Works X - A school's journey from Being Well to Wellbeing



Sarah Curran
Dubai English Speaking School

This presentation will look at the ways which the DESS Community has embedded a multitude of wellbeing practices in order for students, staff and families to flourish. Presenters will share what went well in the earlier days and the elements were changed over time to ensure that results aligned with the school's vision for wellbeing.



11 AM to 12 PM



School leaders, teachers,
wellbeing champions

Thursday, 24th March

Becoming our best, bit by bit



Mamta Saha
Director at Mamta Saha Consulting

This workshop will provide practical micro-shifts that you can make to manage your inner wellbeing and be at your best, regardless of what's happening on the outside. Learn how to raise awareness of your emotional states and to act from a place of strength.



10 AM to 11 AM



School leaders, teachers,
wellbeing champions